



MARKWELL FOODS



VEGETABLE RANGE



Asparagus Spears

Asparagus can be used in a variety of cuisines. Good quality, great value and convenient. Add a 5-A-Day option to the menu.

Code	Description	Pack
9970	Asparagus Spears	10 x 1kg



Chillies

To add a kick to any dish, add some chillies. Good quality, great value, and convenient.

Code	Description	Pack
9914	Whole, Red	10x500g
9913	Whole, Red	20x250g



Broccoli

Picked then individually quick frozen to seal the freshness, simply cook and add these broccoli florets to any recipe.

Code	Description	Pack
9953	Florets	10 x 1kg
9952	Florets	10 x 1 kg



Cauliflower

Picked then individually quick frozen to seal the freshness, simply cook and add these cauliflower florets to any recipe.

Code	Description	Pack
9954	Florets	10 x 1kg
9994	Rice	4 x2.5kg



Corn

Our Corn Kernels are carefully harvested to maximise their sweetness and tenderness. The young corn kernels are then snap-frozen to ensure the nutrients are locked in.

Code	Description	Weight
9976	Corn Kernels	10 x 1kg



Capsicum

Capsicum can be used in a variety of cuisines. Good quality, great value, and convenient. Add a 5-A-Day option to the menu. Available in diced or sliced, green or red.

Code	Description	Pack
9983	Sliced, Green	10 x 1kg
9984	Sliced, Red	10 x 1kg
9985	Sliced, Red & Green	10 x 1kg
9981	Diced, Red & Green	10 x 1 kg
9982	Diced, Red	10 x 1 kg
9979	Diced, Green	10 x 750g
9980	Diced, Red	10 x 750g



Chunky Mix Vegetables

Carrot, cauliflower, and broccoli florets are picked and individually snap-frozen to retain freshness. Good quality, great value, and convenient.

Code	Description	Pack
9949	Broccoli, Carrots & Cauliflower	10 x 1kg



Garlic

Garlic can be used in a variety of cuisines. Good quality, great value, and convenience.

Code	Description	Weight
9971	Peeled	10 x 1kg



Mixed Vegetables

Our Mixed Vegetables are carefully harvested to maximise their sweetness and tenderness. The mixed veggies are then snap-frozen to ensure the nutrients are locked in. Add a 5-A-Day

Code	Description	Pack
9902	Carrots, Peas & Corn	10 x 1kg
9965	Carrots, Peas & Corn	20 x 500g



Onion

Onion can be used in a variety of cuisines. Good quality, great value, and convenient. Available in diced and sliced.

Code	Description	Pack
9986	Diced	10 x 1kg
9987	Sliced	10 x 1kg



Pumpkin

Pumpkin can be used in a variety of cuisines. Good quality, great value, and convenient. Add a 5-A-Day option to the menu.

Code	Description	Weight
9972	Skin Off, 40-60 g	10 x 1kg



Premium Mix Vegetables

A premium quality blend of 5 different vegetables. Good quality, great value, and convenient. Add a 5-A-Day option to your menu.



Seasoned Seaweed Salad

Shore Mariner Seasoned Seaweed Salad is great for salads, poke bowls, and sushi. Simply thaw and serve.



Spinach

Spinach can be used in a variety of cuisines. Good quality, great value, and convenient. Add a 5-A-Day option to the menu.

Code	Description	Pack
9951	Broccoli, Carrots, Cauliflower, Sugar Snap Peas & Baby Corn	10 x 1kg

Code	Description	Pack
8288	Seasoned Seaweed Salad	10x500g
8289	Seasoned Seaweed Salad	10 x 1kg

Code	Description	Weight
9912	Formed Portions	10 x 1kg
9925	Chopped	10 x 1kg



Sweet Potato

Sweet Potato can be used in a variety of cuisines. Good quality, great value, and convenient. Available in orange and yellow. Add a 5-A-Day option to the menu.

Code	Description	Weight
9973	Yellow	10 x 1kg
9974	Orange	10 x 1kg